GCY PRACTICE
DATE: Tuesday, June 16th

Level 1 (Suggest levels Age Group some Masters) -2500 + yards/meters

Warm-Up	Pre-Set	Main Set	Post Set	Cool Down
100 FR 75 Back 50 Breast 25 Fly 200 Kick w/ fins (50 FR/50 DK)	4x 1 x 75 FR K w/ Bd 1 x 50 DK w/ Bd 1 x 25 BR K w/ Bd 1 x 50 Swim (IMO by Round, work kick)	3x 3 x 50 FR Descend 3 x 50's Stroke IMO by Rd, 1= K/Dr 2=Dr/Bld, 3= Fast	4x w/ short fins 1 x 25 UWDK on side 10m, 1 x 50 EZ Swim, 1 x 25 UWDK on Back 10m choice rest before UWDK	100 Fr swim w/ Snorkle, Paddles, plus fins

Level 2 (Senior Prep, Senior Sprint, some Masters) – 3200 + yards/meters

Warm-Up	Pre-Set	Main Set	Post Set	Cool Down
300 FR 200 Back 100 Breast 200 Kick w/ fins (50 FR/50 DK) 4 x 25 Fly w/ fins	3x 1 x 75 FR K w/ Bd 1 x 50 DK w/ Bd 1 x 25 BR K w/ Bd 2 x 50 Swim (IMO by Rd, work kick)	3x 3 x 100 FR Descend 3 x 50's Stroke IMO by Rd, 1= K/Dr 2=Dr/Bld, 3= Fast	6x w/ short fins 1 x 25 UWDK on side 15m, 1 x 50 EZ Swim, 1 x 25 UWDK on Back 15m choice rest before UWDK	200 Fr swim w/ Snorkle, Paddles, plus fins

Level 3 (National Prep, National 1&2, some Senior Sprint, some Masters)- 5500 + yards/meters

Warm-Up	Pre-Set	Main Set	Post Set	Cool Down
400 FR, 300 Back 200 Breast, 100 Fly (swim or drill last 25 each 100 = KOB of that stroke) 400 Kick w/ fins (50 FR/50 DK)	4x 1 x 75 FR K w/ Bd 1 x 50 DK w/ Bd 1 x 25 BR K w/ Bd 4 x 50 Swim (IMO EACH Rd, work k) 1:20/:55/:35/:55	3x 3 x 150FR @ 2:20 1=50 Fast/100 EZ, 2= 100 FAST/50 EZ,3= 150 FAST 6 x 50's St @ :55 IMO by Rd, 1= K/Dr 2=Dr/Bld, 3= Fast (x2)	8x w/ short fins 1 x 25 UWDK on side 20m, 1 x 50 EZ Swim, 1 x 25 UWDK on Back 20m @ 2:00 choice rest before UWDK	? x 300 Fr swim w/ Snorkle, Paddles, plus short fins